



2025-2026 CVYWA Association Handbook

Non partisan Youth Wrestling Association

Welcome to CVYWA

CVYWA stands for Central Valley Youth Wrestling Association. CVYWA is an association dedicated in promoting the sport of wrestling to its Elementary-Jr. High aged kids in the Central Valley and California. We are a non partisan association which means we support all things CVYWA along with attending Ca-USA and SCWAY Wrestling Association events where it benefits our clubs. Our goal is to provide an environment to help enrich children in the sport of wrestling. We can be successful at this with the help of our clubs, parents, and the many volunteers that assist us in becoming more competitive in the local, State, and National level.

HOW TO BECOME A CVYWA CLUB:

All clubs need to join by last meeting of season [January 30th, 2026](#)

2025-2026 North/South Valley Boundary

All teams South of HWY 137 will be considered South Valley
All Teams North of HWY 137 will be considered North Valley

MISSION STATEMENT:

“To provide structure and organization to the sport of Junior High and Elementary and off-season High School wrestling in the Central Valley of California.”

BOARD OF DIRECTORS

2025-2026 BOARD MEMBERS (Updated 8/11/25)

President

Adrian Hernandez- CVTP

559-368-6377

cvtournamentpros@gmail.com



Vice President

Sal Gonzalez

559-681-4543

maderawrestlingclub@gmail.com



Secretary

Alex Gallardo

661-243-5145

alexgallardo77@gmail.com



North Valley



KCUSD: Josh Ochoa 559-790-1772 joshuaocha83@yahoo.com



Farmersville WC:



Kingsburg WC: Thomas Burke 209-353-5701 tburkeclear559@icloud.com



Roughnecks WC: Cassidy Lopez 559-246-2635 aztlanson@icloud.com



Abe Lincoln/Team Selma: Ricky Morales 559-394-7259 rickym559@gmail.com



Team Coalinga: Anthony Yamas 559-681-4192 toastyyamas83@sbcglobal.net



Woodlake Wrestling: Steve Rodriguez 559-827-0355 steve.woodlake@gmail.com
Sam Lopez 559-679-4297 slopez@w-usd.org



Lemoore WC: Amber Verdugo 559-259-8595 lemoorewc@gmail.com
Rob Hawkins 559-345-3285 roberthawkins237rh@gmail.com



Wilson MS/X-Men Exeter: Mike Powell Jr. 559-303-8061 mpwrestling@gmail.com



Redwave WC- Lorie Miranda 559-994-5974 redwavewrestling@gmail.com



Team Viper: Nickolas Vera nickjvera@gmail.com



Lions Wrestling Club (Kerman): Basilio Gutierrez 267-507-4562 basilio.gutierrez@kermanusd.com



Immanuel WC: Joey Cavazos 559-856-0170 joeycavazos97@gmail.com



Blazers WC: Jesse Perez 559-972-7419 onper@icloud.com



Pacific Martial Arts WC: Anthony Rodriguez 559-541-4822 Saul.rodriguez87@yahoo.com



Madera WC: Sal Gonzalez 559-681-4543 maderawrestlingclub@gmail.com



Ochoa Combat Academy (Lemoore): Jacob Jeff 559-309-0266 jacob@ocamma.com



Espana WC –Sanger: Martin Espana 559-284-4838 martinesp559@gmail.com



Team Dinamite WC: Justin : teamdinamitewrestling@gmail.com



Visalia Impact: Anthony Aguirre 559-763-7113 Visaliaimpactwrestling@yahoo.com



Hanford Bullpups: Ronnie Reyes 559-904-0831 rondoagjim25@yahoo.com



Wright Wrestling Academy: Jacob Wright 559-553-5928 wrightwrestlingacademy@gmail.com



Minarets Youth WC: Lindsay Bernabe 559-547-0234 lkcollins7@gmail.com

D1 Wrestling (Fowler): Rick Barron 559-514-1628 rbarron@fowlerusd.org

Parlier Junior High:

Caruthers Elementary:

Madera Grapplers:

South Valley



Warriors Wrestling Academy (Bakersfield): Matt Lugo warriorsyouthwrestling19@gmail.com



Scotsman WC: Ben Reyes 661-380-0413 Benjermen.Reyes@gmail.com



Eastern Sabers WC: Marcus Gonzalez 661-331-4988 marcusg12@msn.com



Pioneer Middle School (Delano): Fabian Lopez 661-436-8036 FabianLopez75.fl@gmail.com



Shafter Youth WC: Eli Espericueta 661-809-7348 esperi55@hotmail.com



Wasco WC: Alex Gallardo 661-243-5145 gallardoalex77@Hotmail.com



Elite Force WC: Joe Espejo 661-706-9949 joespejohwt@gmail.com

Torrey Casper: 951-595-6459 tlcasper.vision@gmail.com



Rebel Wrestling Club: Ramon Perez 805-354-9568 ramonperez89@gmail.com



Misfits WC- Porterville: Marcos Benevides 559-359-7926 cmambj@yahoo.com



Diablos WC: Crystal Montalvo 559-309-9949 diablowrestling2019@gmail.com



Richgrove WC K-8th: Albert Sabado 661-201-6099 alberts@richgrove.org



Wasco Elementary District: Mark Holmes maholmes@wuesd.org



Ridgecrest WC: Ethan Haddock 760-608-2799 Ethan.haddock174@gmail.com



Tehachapi Valley WC: Lucas Grantham 661-747-3940 lgrantham92@gmail.com



Burton Bulldogs K-8th: Jose Tapia 559-359-7312 jose.tapia32@yahoo.com



John Muir MS: David Bega 559-302-7286 BBSPnE@gmail.com



Tulare Titans: Eric Nothstein 559-736-4650 tulareelitewc@yahoo.com



Nomads WC (Tehachapi): Marcus Coates 706-505-4671 marcus7coates33@yahoo.com



Lion of Judah WC: Moses Delfin 661-444-4397 moses@ljwrestling.net



Mat Mechanics: Mario Sandoval 559-853-8498 mario.sandoval7372@gmail.com



Pioneer MS (Porterville): Mario Sandoval 559-853-8498 mario.sandoval7372@gmail.com



Origin WC: Mitch Monteiro 805-705-5594 mitchellpmonteiro84@gmail.com



Foothill Express: Joey Granata 661-444-1050 Jgranata@cavins.com



Freedom Wrestling Club: Zach Johnson 661-364-9668 freedomwrestling23@gmail.com

Wrestling Participation Policies

Public School Eligibility

- Middle School eligibility to be determined by individual schools and school boards.
- Elementary and Jr High (K-8) age participation determined by team and association.

Clubs Eligibility

- Club (K-8th) participation determined by individual clubs.
(academics and citizenship should still be focused whether public school or club)

Rosters

All rosters need to be submitted by January 1st, 2026.

***all other wrestlers who join late or move into your district/team will have to be added by PETITION only at last meeting of season in January 27th, 2026**

****Final roster Due the Wednesday before Valley (no exceptions)**

****Team points will be deducted for MASTERS at a rate of 20 per division if rosters are not sent by this date.**

Other Standards

A wrestler may participate in a different program if:

- a. The wrestler has no place else to participate.
- b. A wrestler that is enrolled in private school or the local public school will not accommodate; there is no school team to wrestle with.

c. The wrestler **may participate** anywhere if there is room in that program.

d. Wrestlers must maintain a GPA required by his school or club to be eligible.

- Accepting non area wrestlers through the season is approved if a-d apply.

- RSP students will have their GPA determined by their IEP

2. Age Restrictions:

Individuals may not wrestle in K-1st Division if turn 8 years of age before **September 1st, 2025.**

Individuals may not wrestle in 2-3rd Division if turn 10 years of age before **September 1st, 2025.**

Individuals may not wrestle in 4-5th Division if turn 12 years of age before **September 1st, 2025.**

Individuals may not wrestle in MS Division if turn 15 years of age before **September 1st, 2025.**

***Grade takes precedence over AGE always. EX: 8 yr old 2nd grader belongs in 2-3rd grade division.**

3. Length of Rounds

- Rounds for each season will be 60(Elementary)-90(Jr. High) seconds in length by rules of the Officials. Rounds in the League, Valley, and Masters tournaments will be 60-90 seconds for both championship and consolation brackets.

- 60 to 90 second rounds are encouraged for all tournaments during each season to prepare athletes for postseason competition.

- Dual match round time will be 60-90 sec in length.

Dual matches (K-8th) before HS wrestling matches will be sought by various clubs in our Association. Those clubs will be revealed as they become evident as the season progresses.

4. Officials:

An attempt should be made to use CIF officials whenever possible for your personal tournaments . If a CIF official is not available, competent high school wrestlers/coaches can be used as officials. Officiating must stay as close to CIF rules as possible. Unsafe situations need to be reported to the CIF official in the district.

5. Following Weights for 2025-2026 season:

*** these will be the weights for the entire Winter season and no allowance will be given.**

K-1st: 37,40,43,49,55,61,67,73,88, unlimited

2nd-3rd: 43,49,55,61,67,73,79,85,91,106, unlimited

4th-5th : 52,58,64,70,76,82,88,94,100,110,120,130,142,157, unlimited

MS: 70,76,83,89,95,100,106,113,120,126,132,138,145,152,160,170,182,195,220,255, unlimited

***Norcal TOC WILL NOT have a 70 weight class.... Will start at 76**

MS GIRLS

65,74,82,91,102,112,123,135,147,160,180, unlimited

3-5th Girls

52,57,62,67,72,77,82,88,94,100,110,120,150, unlimited

K-2nd Girls

40,46,52,60,68,76,84,96,105,125, unlimited

*Weights will be pooled if necessary to get the most matches. Wrestler may be bumped up if necessary, will wrestle to get matches and taken out of equation at end of tourney. EX: 65 will be bumped to 74 (to get matches) and move back down to 65 for awards.

**** Girls will be able to wrestle in girls and boys bracket based on 1. Discretion of the coach 2. Discretion of the board.**

6. Uniforms:

Uniforms: Participants will be allowed to wear clothing other than singlets, including 2 piece uniforms if that is all that is available to the wrestler. It is recommended that all wrestlers work toward participating in dual matches and tournaments in singlets or 2-piece if at all possible.

- Headgear: Not mandatory but strongly recommended
- Mouthpieces must be worn by any wrestler who has braces or other sharp orthodontia appliances (No Exceptions)
- Shoes: Referees will determine if shoes are appropriate for wrestling competition.

7. Other Regulations:

- Mat Size: Mats are to have 25' of inbound.
- Safety: Safety is the #1 issue.

8. Post season Awards:

Valley Saturday February 14th 2026:

-1st through 6th places 2" medals

Masters Saturday February 1st, 2026:

1st through 6th places 3" custom medals or trophies

CVYWA Valley Championships K-8th:

1st-8th **(ONLY TOP 6 MEDAL)** place trophy/plaque

CVYWA Masters Championships K-8th:

1st -6th place trophy/plaques.

Team Awards:

Top 4 per division

9. Valley and Masters Alternate Policy and Procedures:

Masters will be a 16 man bracket (top 8 from each Section)

***Alternates by petition ONLY (*Only if wrestled in Valley*)**

10. Postseason Wrestling: MIRRORS High School... All postseason will be in February.

Individuals K-8th may participate in CVYWA postseason tournaments. See participation policy for restrictions

11. Determining Scoring Wrestler for Postseason Tournaments:

Software will pick highest scoring wrestler from team.

12. Outstanding Wrestler Criteria:

MVP per division

***Most pins fastest time**

13. North/Central/South Valley Tournament Qualification:

Wrestlers/Teams are bound to their respective Divisions (North/South). Top 8 qualifiers from each event moves on K-1st/2-3rd/4-5th/MS Masters the following week with a 16 man bracket.

14. CVYWA Masters Championship Tournament:

The top 4 wrestlers from North/South will be bracketed into 16 man bracket to become CVYWA Masters Champion.

15. Brackets formats will be available before Masters.

All teams will be emailed brackets before Masters event. **All brackets will be set according to CVYWA approved formula.**

Formula will be followed even if bracket is lopsided (alternates will be added to spots from own area only)

16. Admission Costs for Postseason Tournaments:

Costs should be divided among participating schools. Host should not need to pay for additional costs.

Individual Wrestler Cost:

Valley- \$25 per wrestler

Masters- \$25 per wrestler

* if qualify and NO SHOW to Masters Championships, coach/club/wrestler is responsible to pay \$25 entry fee for each wrestler unaccounted for before the beginning of each season. There will be a list generated after Masters Championships of your Club and Wrestler to account for the amount stated. This money will be delivered to HOST team. ***Wrestler will be charged no matter what as well as any alternate taking his/her place.**

17. Spectator Entry Fees:

Valley: Adults \$6, Children (under 12) \$3

Masters: Adults \$6, Children, Children (under 12)\$3

18. Postseason Championship Tournament Officials:

- The association agreed that CIF officials will be used at all postseason tournaments where can. Hosts can use non CIF officials for K-1st/2-3rd/K-2nd Girls ONLY.

19. Postseason Tournament Team Point Criteria:

Use CIF Rules.

20. Final Team Rosters:

Each team in the CVYWA will submit a team roster to the association before post-season at our final meeting of season. A petition process is used to accept or deny a particular wrestler to compete if they have switched teams during the season.

21. CVYWA Tournaments

***Any CVYWA hosted event must bear Association logo on their flyer and/or any other form of promotion to be considered a CVYWA event.**

22. Tournament Scoring

Using new High School format approved by NHSCA. Very important tournament hosts keep mats clear during matches. Coaches 2 per corner and wrestlers not wrestling up in the stands... NO EXCEPTIONS!!!! Tournament hosts have every right to kick out any wrestler or coach for not following protocol with NO REFUND!!!! The whole mat will be live and used in scoring situations.